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RISING DIABETES RATES PROMPT RENEWED EMPHASIS ON DIABETES PREVENTION AND CONTROL

[CITY, STATE] ([DATE]) – Nearly 21 million Americans are now living with diabetes, a 14 percent increase since 2003, according to the *2005 National Diabetes Fact Sheet*, released by the Centers for Disease Control and Prevention (CDC) in October. The 21 million include more than 6 million who do not know they have the disease. Another 41 million have pre-diabetes, a condition that indicates an increased risk for developing both type 2 diabetes and cardiovascular disease.

In total – at least one in five Americans has or is at serious risk for developing diabetes – the sixth leading cause of death in the United States.

“These alarming new national statistics underscore the need for broader efforts to spread the word that diabetes is serious, common, and costly, but *controllable* and *preventable*” said [LEADER], [TITLE] of [ORGANIZATION]. “[ORGANIZATION] is eager to work with the National Diabetes Education Program to change the way diabetes is treated in this country.”

The report also indicates that the prevalence of diabetes in ethnic minority populations continues to rise, heightening concerns about health disparities among these populations. Compared to non-Hispanic whites, diabetes continues to be more common – 1.7 to 2.2 times more common – among American Indians, African Americans, Hispanic/Latino Americans, and some Asian Americans and Pacific Islanders.

“Rising and disproportionate rates of diabetes among minorities is a challenge that demands the attention of all educators,” said Lawrence Blonde, M.D., F.A.C.P., F.A.C.E., chair of the National Diabetes Education Program. “Ethnic populations are not only at higher risk for having diabetes, but also are more likely to develop serious diabetes complications that could lead to disability or death. The challenge for educators and clinicians today is providing patients with the best tools and empowering them with the knowledge that they can control their diabetes and prevent its complications.”

The National Diabetes Education Program has materials on diabetes control and prevention for people with diabetes and for people at risk, their families, and their health care providers. Many materials are available in up to 15 languages – from Spanish to Samoan. Visit the National Diabetes Education Program at www.ndep.nih.gov or call 1-800-438-5383 to order free materials.

The 2005 National Diabetes Fact Sheet is available at
<http://diabetes.niddk.nih.gov/dm/pubs/statistics/index.htm>.

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The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations.